

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Aug 2026

Effect of education based on Baznef model on blood pressure and lifestyle in patient with hypertension.

Protocol summary

Summary

Introduction: High blood pressure, a major problem in all human societies. The most important cause of heart failure, kidney and brain strokes. Behavioral modification model, to help the healing process of chronic patients. The aim of this study, Effect of Education Based on BAZNEF Model on Blood Pressure and lifestyle in Patient with Hypertension. Methods: This case-control clinical trial on 100 patients with high blood pressure (50 intervention and 50 control) referred to health centers of Kashan in 1394 done. The data collection tool, lifestyle questionnaire (LSQ) that its validity by factor analysis and reliability Alpha 0/87 approved. The basic information, lifestyle and blood pressure were collected from the groups of intervention (education based on Basnef model) for the intervention and control groups, routine follow-up is done. The blood pressure (weeks 1, 3 and 5) and again after 1 month intervention, lifestyle and blood pressure is controlled.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201409094655N7**
Registration date: **2016-01-25, 1394/11/05**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-01-25, 1394/11/05

Registrant information

Name

Mohsen Taghadosi

Name of organization / entity

Kashan University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Kashan University of Medical Sciences

Expected recruitment start date

2015-12-22, 1394/10/01

Expected recruitment end date

2016-05-21, 1395/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of education based on Baznef model on blood pressure and lifestyle in patient with hypertension.

Public title

Effect of education based on Baznef model on blood pressure and lifestyle in patient with hypertension.

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: The desire to participate in the study; primary hypertension (high blood pressure that has no known cause); age of 65-18 years; they have at least 6 months of diagnosis; Ability to understand and speak; The lack of physical and mental debilitating diseases known; be able to understand and speak the Persian language; Patients who score their lifestyle, according to Life Style Questionnaire (LSQ) is less than 170. Exclusion criteria: unwillingness to continue the study; participate

in the study or other training courses during study; The absence of training sessions (one session and more); joint disease or condition during the study's lead to hospitalization; Change in dosage or type of medication therapy during the study.

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Single blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

Individuals in the intervention and control groups, randomly allocated blocks (blocks 4-procurement and selection will be based on them)

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Kashan University of Medical Sciences

Street address

Arctic Blvd Ravandi - Kashan University of Medical Sciences

City

kashan

Postal code**Approval date**

2015-12-22, 1394/10/01

Ethics committee reference number

IR.KAUMS.REC.1394.134

Health conditions studied**1****Description of health condition studied**

HYPERTENSION

ICD-10 code

ICD-10

ICD-10 code description

Essential (primary) hypertension

Primary outcomes**1****Description**

life style

Timepoint

Baseline and 1 month after intervention

Method of measurement

lifestyle questionnaire

2**Description**

blood pressure

Timepoint

Baseline, weeks 1, 3, 5 and 1 month after the intervention

Method of measurement

In compliance with all standards of JNC 7 using a mercury manometer adults model F.BOSCH (GERMANY), which was calibrated with mercury healthy.

Secondary outcomes

empty

Intervention groups**1****Description**

"Intervention Group: Training is done in accordance with BASNEF model as a group. The program is based on the structures BASNEF model within 5 sessions 45-60 minute (2 sessions per week) for 6-4 for each group of 6-4 people with discussion and questions and answers in health centers will be done. In the first and second sessions, on signs, symptoms and lifestyle modification (nutrition, smoking cessation and smoking, stress reduction, weight loss, physical activity, etc.), the importance of regular drug use and side effects will be discussed And the third and fourth sessions of group training on the proper method of blood pressure and control blood pressure need to be allocated. To repeat, educational pamphlet designed to deliver a literate family members to read at home for the patient. According BASNEF model a meeting (Fifth session) attended by influential people on life (including spouse, child or important person in life) and the research team and other personnel for their effects on blood pressure and harmful behaviors will be held . Blood pressure in the intervention group, compliance with all criteria of 7 JNC, before, during (weeks 1, 3 and 5 baseline) and 1 month after intervention by the nurses certified for single-blind (The patient does not know the manner and type of education by the nurse is measured."

Category

Behavior

2

Description

" control group: common training in health centers to receive routine before. In addition, Their blood pressure, compliance with all criteria of 7 JNC, before, during (weeks 1, 3 and 5 baseline) and 1 month after 1 month after completion of the training group, by the nurses certified for single-blind (The patient does not know the manner and type of education by the nurse) is measured."

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Research Center for of Kashan Medical University

Full name of responsible person

Taghadosi Mohsen

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Arctic Blvd Ravandi - Kashan University of Medical Sciences

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kashan Medical University

Full name of responsible person

Hamidi Gholamali

Street address

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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Kashan Medical University

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Kashan University of Medical Sciences

Full name of responsible person

Taghadosi Mohsen

Position

PhD -Director of Journal Feyz Department

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty